OWNER'S MANUAL

TREADMILL

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It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Matrix Fitness Systems exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other Matrix Fitness Systems equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.
3. Unsupervised children must be kept away from this equipment.
4. Do not wear dangling loose clothing while on equipment.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replace-ment parts supplied by Matrix Fitness Systems.
2. MAINTAIN LABELS AND NAMEPLATES Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement.
3. MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

1.1 IMPORTANT SAFETY INSTRUCTIONS

READ AND SAVE THESE INSTRUCTIONS

- This Treadmill is intended to for commercial use
- To insure the users safety and protect the equipment, read all instructions before operating the MATRIX treadmill.

When using an electrical product, basic precautions should always be followed, including the following:

DANGER To reduce the risk of electric shock:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

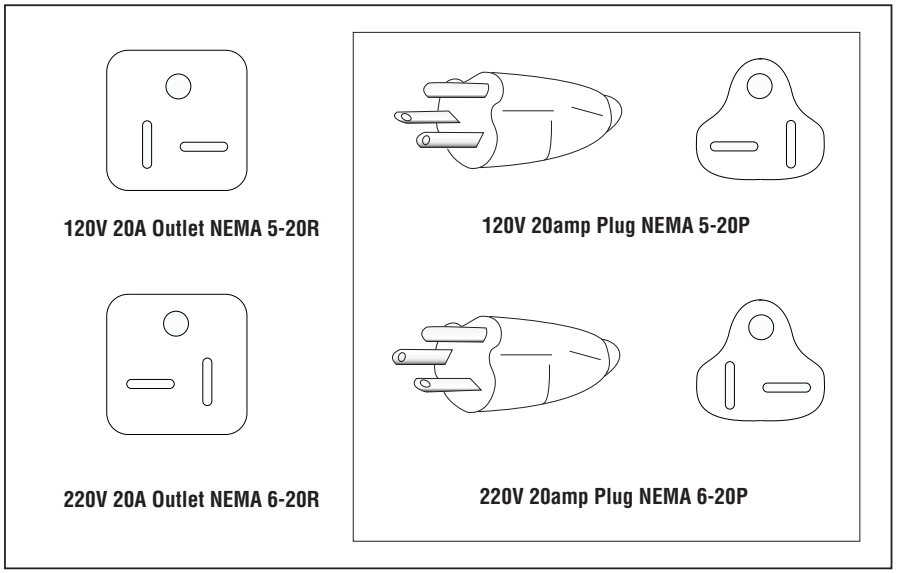
WARNING To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the treadmill with the air openings blocked, Keep the air openings clean, free of lint, hair and the like.
- Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as handle.
- Keep the power cord away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when treadmill is used by or near children, invalids, or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet
- Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION If the user experience chest pains, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

1.2 ELECTRICAL REQUIREMENTS

For your safety and treadmill performance, Matrix Fitness Systems' treadmills require a dedicated 20 amp circuit. The ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your Treadmill is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties of this product.



1.3 GROUNDING INSTRUCTIONS

The Matrix T4 or T5 Treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user do not follow these Grounding Instructions, the user could void the Matrix limited warranty.

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if the user are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified technician.

120V UNITS DESIGNATED FOR U.S. MARKETS

The Matrix T5 or T4 Treadmill is for use on a nominal 120-volt circuit and has a non looped grounding plug. Make sure that the 110V treadmill is connected to an outlet, NEMA 5-20R, having the same configuration as the plug. No adapter should be used with this product.

220V UNITS DESIGNATED FOR U.S. MARKETS

The T5 or T4 Treadmill is for use on a circuit having a nominal rating more than 220 volts and is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit. Make sure that the 220V T5 or T4 is connected to an outlet, NEMA 6-20R, having the same configuration as the plug. No adapter should be used with this product.

2.1 UNPACKING TREADMILL

The users MATRIX treadmill is inspected before it is packaged. It is shipped in four pieces: the base, the uprights console supports the handlebar and the console. Carefully unpack the unit and dispose of the box material.

CAUTION This unit weighs 450 pounds. Be sure to have proper assistance to remove and move the unit, to avoid injury to the user and the unit.

2.2 CONTENTS

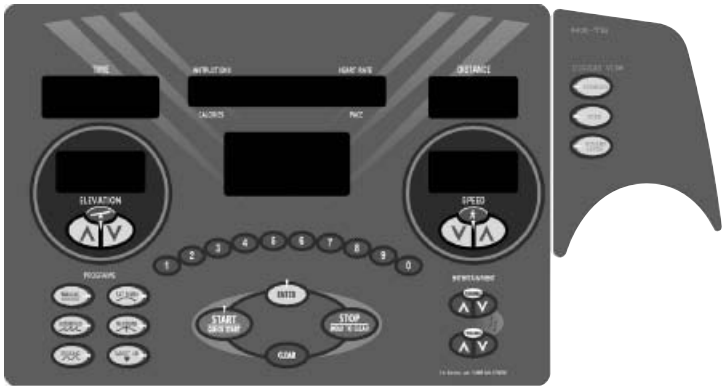
1. Treadmill Base	1
2. Upright Console Supports	2
3. Hardware Fasteners and Washer Bag	1
4. Handle Bar Set	1
5. Console Side Cover Shrouds	2 Sets
6. Console	1
7. Console Mounting Bracket	2
8. Power Cord	1

If any items are missing please contact MATRIX FITNESS SYSTEMS customer service at 1-866-MXFITNESS.

2.3 OPTIONAL EQUIPMENT

Optional equipment may be available for the users MATRIX product. Please visit our web site at www.matrix-fitness.com for more information.

3.1 THE CONSOLE



PROGRAMS Simple program view and selection buttons. Seven programs to choose from.
START / QUICK START One touch Start and Quick Start.
ENTER Quick entry of information and level selection.
STOP / HOLD TO RESET Stop Pause and hold for 3 seconds to reset.
CLEAR *(T5)* Clears number keypad entry.
NUMBER KEYPAD *(T5)* Allows quick information and level selection.
UP / DOWN ELEVATION Easy information and elevation selection.
UP / DOWN SPEED Easy information and speed selection.
DISPLAY VIEW *(T5)* These three buttons allow the user to customize the way the unit's information and lights are displayed.
ENTERTAINMENT *(T5)* Control the CHANNEL and VOLUME of your attached TV or entertainment system.

3.2 MANAGER CLUB SETTINGS

There are two levels of access to manager screens. The first level of access is obtained by holding the elevation down, speed up keys. This level only allows access to the Manger screens.

3.3 MANAGER SCREEN DESCRIPTION

Manager screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted manager screens consist of the initial screen, the editing or action screen and the saving screen. The initial screen displays the variable type and in most cases the current value. Edit or actions screens are where the editing of the variable take place. The saving screen indicates the variable is being saved.

To access the Manager Settings press and hold the **ELEVATION DOWN** and **SPEED UP** buttons for three seconds.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to scroll through the different manager settings.

Press **ENTER** to edit the selected manager setting.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to set the variable.

Press **START** to save the selected variable.

*Note **SAVING** will appear in the 7 segment window when the variable is being saved to memory.

Press **STOP** to exit that segment at any time or press the emergency stop for treadmill use.

3.4 MANAGER SCREENS EXCEPTIONS/DETAILS

Below is a list of functions for each manager setting. Exceptions will be noted in the description for each manager setting:

P0 MAXIMUM TIME (EDIT)
This variable controls the program maximum time.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P1 DEFAULT TIME (EDIT)
This variable controls the default program time.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P2 DEFAULT LEVEL (EDIT)
This variable controls the default program level (may be eliminated in final product).
Active variable displayed in the time seven segment display.
Numeric entry is active.

P3 DEFAULT AGE (EDIT)
This variable controls the default user age used in the goal heart rate calculations.

Active variable displayed in the time seven segment display.
Numeric entry is active.

P4 DEFAULT WEIGHT (EDIT)
This variable sets the default weight used in the calorie calculations.
Active variable displayed in the time seven segment display.
Sets to default on unit change.
Displayed in native units (kilogram or pounds).
Numeric entry is active.

P5 ACCUMULATED DISTANCE
Active variable displayed in the time seven segment display.
Accumulated distance is not editable, for display only.
Displayed in native units (miles or kilometers).
Holding the start key resets the accumulated distance.

P6 ACCUMULATED TIME
Active variable displayed in the time seven segment display.
Accumulated distance is not editable, for display only.
Holding the start key resets the accumulated distance.

P7 SOFTWARE VERSION
Active variable displayed in the distance seven-segment display.
Software version is not editable, for display only.

P8 START SPEED (EDIT)
Controls the starting speed for all programs (minimum speed not affected).
Active variable displayed in the speed seven-segment display.
Displayed in native units (miles per hour or kilometers per hour).
Reverts to default value on unit change.
Numeric entry is active.

P9 MAXIMUM SPEED (EDIT)
Controls the maximum speed for all programs.
Active variable displayed in the speed seven-segment display.
Displayed in native units (miles per hour or kilometers per hour).
Reverts to default value on unit change.
Numeric entry is active.

P10 DEFAULT CHANNEL (EDIT)
Controls the default channel for entertainment CSAFE compatible devices.
This variable is editable.
Numeric entry is active.

P11 DEFAULT VOLUME (EDIT)
Controls the default volume for entertainment CSAFE compatible devices.
This variable is editable.
Numeric entry is active.

P13 SPEED MODE (EDIT)
Changes from Standard (Miles) to Metric (Kilometers).
Unit change will force unit dependent variables to revert to their default values.

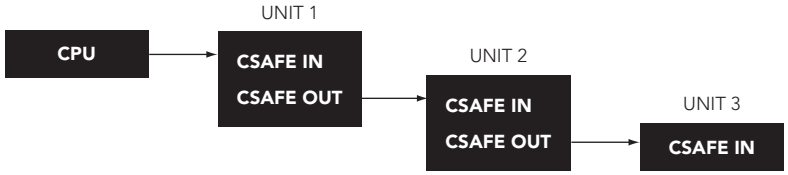
VARIABLE	MINIMUM DEFAULT	FACTORY	MAXIMUM	STEP SIZE	UNITS
Maximum Time	5	20	95	5	minutes
Default Time	5	20	NV max time	5	minutes
Default Level	1	1	20	1	
Default Weight	80	150	400	5	pounds
Default Age	15	30	100	1	years
Start Speed	0.5	1	2	0.1	mph
Maximum Speed	2	12	12	0.1	mph
Machine Type	T4	T4	T5	1	Unit
IR On/Off	OFF	ON	ON	1	Unit
Default Channel	1	1	30	1	
Default Volume	1	16	30	1	

3.5) SETTING UP ENTERTAINMENT AND CSAFE DEVICES

On the back of the console there are three RJ45 connectors on the T5 and two on the T4, for the users convenience. They are labeled for Entertainment and CSAFE The T5 allows the user to use Entertainment audio and visual products in combination with CSAFE products like FITLINXX.

Locate the three jacks. Use the CSAFE IN to plug in any CSAFE device using the RJ45 connector.

CSAFE OUT allows CSAFE products to be daisy chained together from one unit to the next. The connection is as follows:



3.6 ENTERTAINMENT DEVICES FOR THE T5 TREADMILL

The users equipment is preset to offer the user the maximum benefit of the users desired entertainment offering. Whether it is FIT CONNEXION or other CSAFE ready entertainment packages, Matrix makes it easy to connect. Look on the back of the console and locate the port labeled ENTERTAINMENT. This port is specific for audio and visual entertainment devices. CSAFE ready products can plug in and utilize the volume, channel and the headphone connector located on the console. Please contact the manufacture of the users entertainment option for more information on CSAFE compatibility.

3.7 TROUBLE SHOOTING

1. MY DEVICE DOES NOT POWER UP.
   - A. Check that the Treadmill has power and is turned on.
   - B. Make sure the RJ45 connector is plugged into the entertainment unit and the ENTERTAINMENT port on the back of the console.
   - C. Some third party entertainment systems require headphones to be plugged in for it to power up.

2. I CAN NOT CHANGE CHANNELS OR VOLUME WITH THE CONSOLE ON THE T5.
   - A. Check with the entertainment unit's manufacture to be sure the user have a CSAFE compatible device.
   - B. Check Manager Club Settings.

Follow the instructions that come with FIT CONNEXION to connect the users personal TV and enjoy the proprietary entertainment device. Visit www.matrix-fitness.com for more information.

4.1 RECOMMENDED CLEANING TIPS

1. Use a soft clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can scratch surfaces.
2. Use a mild soap and damp cloth. DO NOT use ammonia based cleaner. This will cause discoloring of the aluminum and plastics it comes into contact with.
3. Do not pour water or cleaning solutions on any surface. This could cause electrocution.
4. Wipe the console and side rails dry after every use.
5. Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
6. Be sure to remove any obstructions form the path of the elevation wheels including power cords.
7. Monthly unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth or small vacuum nozzle. **WARNING** Do Not plug the treadmill in until the motor cover has been reinstalled.

CAUTION This unit weighs 450 pounds. Be sure to have proper assistance to install and move the unit, to avoid injury to you and the unit.

4.2 DECK AND BELT REPLACEMENT

One of the most common wear and tear items on a treadmill is the Deck and Belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with most advanced maintenance free lubricating system on the market.

WARNING Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine.

Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches on both sides removing any dust or debris.

The deck can be flipped and reinstalled with a new belt by only by an authorized service technician. Please contact Matrix Fitness Systems for more information.

4.3 ADJUSTING THE BELT

After locating the treadmill in the position it will be used, the belt must be checked for proper tension and centering. The belt might need to be adjusted after the first two hours of use. Temperature, humidity, and use cause the belt to stretch at different rates. If the belt starts to slip when a user is on it be sure to follow the directions below.

STEP 1 Locate the two hex head bolts on the rear of the treadmill. The bolts are located at each end of the frame at the back of the treadmill. These bolts adjust the rear belt roller. Do not adjust until the treadmill is on. This will prevent over tightening of one side.

STEP 2 The belt should have equal distance on either side between the frame. *If the belt is touching one side, do not start the treadmill. Turn the bolts counter clockwise approximately one full turn on each side. Manually center the belt by pushing the belt from side to side. Tighten the bolts the same amount as when the user loosened them approximately one full turn. Inspect the belt for damage.*

STEP 3 While the treadmill is running, at 3 mph, notice the belt position. If it is moving to the right, tighten, turn clockwise, the right bolt 1/4 turn and loosen the left bolt 1/4 turn. If it moving to the left, tighten, turn clockwise, the left bolt 1/4 turn and loosen the right bolt 1/4 turn. Repeat Step 3 until the belt remains centered for several minutes.

STEP 4 Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt it should not hesitate or slip. If this occurs tighten, turn clockwise, both bolts 1/4 turn. Repeat if necessary.

5.1 INTRODUCTION TO THE PROGRAMS

The Matrix treadmill the user have selected comes with 6 preprogrammed workouts. Quick Start allows the user to get to the workout with the touch of one button. Manual allows the user to input the correct information for accurate calorie calculations and easy program switching on the fly. Intervals, Rolling, and Fat Burn use selected levels to challenge any user. Press Random for more program profiles. Target Heart Rate uses the inputted target heart rate to adjust for the duration of the workout and includes a 5 minute 2 level reduction cool down.

5.2 RUN TIME PROGRAM SCREENS DESCRIPTIONS

STARTING 3.2.1 SCREEN

This screen is the countdown screen for starting a program.

DOT MATRIX Countdown text STARTING "3…2…1" is displayed in the dot matrix. A beep is produced for every change in count. The belt will start moving a few seconds after the "1" appears.

RUN TIME SCREEN – MANUAL PROGRAM

This screen is the manual program running screen. The user controls all functions. There is an oval track set to the total time of the program. A distance motivational message will appear every _ mile and an amber dot will remain at that point of time on the track.

DOT MATRIX A manual track with the _ mile indicators. The spent time is displayed in green, the un-used in red and the current segment blinks in amber. Every _ mile the current mileage is displayed on the dot matrix and the segment that the _ mile change took place remains solid amber.

RUN TIME SCREEN – LEVEL BASED PROGRAMS (INTERVAL, ROLLING INTERVAL, FAT BURN AND RANDOM)

Level based programs have similar functions excepts for the program in use. Level based programs take the number of LED's illuminated in a column of the current graphic and translate them to an elevation based upon the current level. When changing between programs the elevation will change to the current programs elevation after five seconds or when the segment changes whichever is first.

DOT MATRIX Level based graphics consist of expired columns (green), current column (flashing amber) and pending columns (red). Each column height corresponds to a potential change in elevation depending upon the level setting.

ALPHA NUMERIC

NORMAL Calories and Pace
HR PRESENT Calories and Current HR (HR symbol flashes in response to heart rate)
LEVEL CHANGES Temporary display of text "LEVEL XX" with XX being the current level.

KEYS

ELEVATION UP/DOWN Increases/decreases level. Value displayed in the elevation window will change when change in level for given LED's displayed change the elevation.
SPEED UP/DOWN KEYS Increases/decreases speed
PROGRAM KEYS Change to selected program (except HR), displays "reset for HR" message if HR key.
STOP KEY (PRESSED) Jumps to pause screen.
ENTERTAINMENT KEYS Entertainment key functions are active
NUMERIC ENTRY KEYS Edits the current speed after a selection is made and enter is pressed.

WARM-UP SCREEN (HEART RATE PROGRAM ONLY)

This screen operates as a manual program for the warm up period. Initial warm up will be 2 minutes and any pause in program will be 1 minute (or until heart rate is within 10 BPM of goal heart rate). During the warm-up the user will be prompted to increase the active variable (speed or elevation). If the active variable is greater than _ the maximum value set in the pre-program section the user will be prompted to increase the alternate variable. A prompt will indicate the user is approaching the target heart rate.

DOT MATRIX A manual track without the _ mile amber dot indicators.

IMPORTANT MESSAGES

- Starting Warm up message at the beginning of the warm-up.
- Increase elevation or speed message depending upon the level of the active variable.
- Approaching Target Heart Rate message as the actual heart rate approaches the target heart rate.
- Warm up complete, starting program message, as the heart rate stabilizes within 10 BPM of the target.
- Reset for programs message (change from heart rate to other programs not allowed using program keys).

KEYS

ELEVATION UP/DOWN Increases/decreases current elevation
SPEED UP/DOWN KEYS Increases/decreases current speed
STOP KEY (PRESSED) Jumps to pause screen.
ENTERTAINMENT KEYS Entertainment key functions are active

After warm up program ends (1 or 2 minutes see warm-up screen) changes to program run time screen.

RUN TIME SCREEN – HEART RATE PROGRAMS

Heart rate program alters the "active variable" (either speed or elevation) in to maintain the goal heart rate. The active variable can be altered from its minimum value to the maximum value specified by the user during the pre-programs. If the active variable is at a limit and

additional change to the workout is required the user is prompted to increase/decrease the alternate variable.

IMPORTANT SAFETY FEATURES

- Safety – When the user heart rate exceeds the target heart rate by the below values, the following prompts/actions will take place:
- 10 BPM – Warning in alpha numeric indicating active variable will be reduced (if above minimum) or alternate variable will be reduced.
- 12 BPM – Active variable (if above minimum) or alternate variable reduced by 30%.
- 15 BPM – Warning indicating heart rate over maximum and program will end.
- 20 BPM – Program ends.

DOT MATRIX A graphic displaying a heart with its position relative to the relationship between the measured heart rate vs. goal heart rate (goal heart rate in center of the screen in green). Two vertical bars indicate the lower and upper limits Heart graphic portions located between the upper and lower limit are green. Portions below the lower limit are illuminated amber and portions above are illuminated red.

KEYS

ELEVATION UP/DOWN If active variable is elevation, jumps to HR manual screen, if active variable speed increases or decreases current elevation.

SPEED UP/DOWN KEYS If active variable is speed, jumps to HR manual screen, if active variable elevation, increases or decreases speed.

PROGRAM KEYS If pressed displays "reset for programs" this program does not change on the fly.

STOP KEY (PRESSED) Jumps to pause screen.

ENTERTAINMENT KEYS Entertainment key functions are active

NUMERIC ENTRY KEYS If elevation based program, edits speed (see numeric edit description), if speed based program keys inactive because the treadmill will control the speed.

PAUSE SCREEN

The pause screen maintains existing accumulated variables (time, distance, calories, etc.) allowing the program to be restarted where it left off. Paused heart rate programs restart with a short warm up (1- minute). Speed is returned to the default value during a pause. Elevation is left at its current setting.

Treadmill will not restart until it comes to a compete stop.

ALPHA NUMERIC

Displays message "Select Start to Resume".

KEYS

STOP KEY (HELD, 3 SECONDS) Jumps to the safety startup screen.

ENTERTAINMENT KEYS Entertainment key functions are active

START KEY Jumps to STARTING "3…2…1" screen for current program (restarts current program).

AUTO ENTRY/TIME OUT

Timeout after 25 seconds jumps to the safety startup screen. Pressing any key will extend the timeout time.

COOL DOWN SCREEN

Cool down screen sets the elevation to the minimum and reduces the current speed to 30% of current value or 4 MPH whichever is lower to the default start speed. Cool down effectively functions as a manual program and has a set time of 2 minutes. Calories and distance accumulate during the cool down screen.

KEYS

ELEVATION UP/DOWN Increases/decreases current elevation

SPEED UP/DOWN KEYS Increases/decreases current speed

STOP KEY (PRESSED) Jumps to program end screen.

ENTERTAINMENT KEYS Entertainment key functions are active

NUMERIC ENTRY KEYS Edits the current speed (see numeric edit description).

PROGRAM END (PROGRAM REVIEW) SCREEN

The program end screen stops belt movement and returns elevation to zero at the end of a workout. During the program end screen workout totals are displayed allowing the user to review their workout.

ALPHA NUMERIC

Displays message "WORKOUT COMPLETE END WORKOUT" followed by message "WORKOUT SUMMARY, PACE, DIST, CALS".

SEVEN SEGMENTS

TIME Displays text "END"

DISTANCE Displays workout distance.

ELEVATION Displays elevation.

SPEED Displays speed

KEYS

STOP KEY (HELD, 3 SECONDS) Jumps to the safety startup screen.

AUTO ENTRY/TIME OUT

Timeout after 25 seconds jumps to the safety startup screen. Pressing any key will extend the timeout time.

6.1 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button. During Quick Start or Manual operation the Manual Run Time Screen will appear.

QUICK START Prepare to start and press QUICK START to begin workout.
Program will use the default settings for Time and weight. Any program change during the users workout will start at Level 1.

MANUAL PROGRAM Allows the user to enter desired time, level, and weight.

STEP 1 Select Manual program button on left of panel.
Press **ENTER** or wait 3 seconds.
NOTE Selecting **START** will start program using remaining default values.

STEP 2 Select Time by using the **UP** or **DOWN** arrow keys.
When finished Press **ENTER**
NOTE Selecting **START** will start program using remaining default values.

STEP 3 Select Weight by using the **UP** or **DOWN** arrow keys.

STEP 4 Press **START** to begin workout.
Treadmill will Flash "Starting 3..2..1" Then the belt will start moving.

6.2 OPERATING LEVEL BASED PROGRAMS

The MATRIX treadmill offers versatile programs to keep the user motivated.

The following Instructions will guide the user through simple steps to select INTERVALS, ROLLING, FAT BURN, and RANDOM programs.

Press RANDOM multiple times for other profiles.

STEP 1 Select INTERVALS, ROLLING, FAT BURN, or RANDOM program from the program button on left of panel.
Press **ENTER** or wait 3 seconds.
NOTE Selecting **START** will start program using remaining default values.

STEP 2 Select Time by using the **UP** or **DOWN** arrow keys. When finished Press **ENTER** or wait 3 seconds.
NOTE Selecting **START** will start program using remaining default values.

STEP 3 Select Level by using **UP** or **DOWN** arrow keys. The user can change the level at any time during workout. When finished, Press **ENTER** or Wait 3 seconds.
NOTE Selecting **START** will start program using remaining default values.

STEP 4 Select Weight by using the **UP** or **DOWN** arrow keys.

STEP 5 Press **START** to begin workout.
Treadmill will Flash "Starting 3..2..1" Then the belt will start moving.

6.3 HEART RATE CONTROLLED PROGRAMS

CAUTION If you feel light headed or are having chest pains stop immediately and consult a physician.

USING THE HEART RATE HANDLES

Heart rate can be received by holding onto the Heart Rate Handles for 10 Seconds. The users hand must touch both metal tabs on each handle to get an accurate reading. This technology will work for 85% of the population. Not everyone can get an accurate reading from the grips.

USING A POLAR TELEMETRY STRAP

Matrix Fitness Systems treadmills are equipped for the user to use a Polar compatible heart rate chest strap. These can be purchased at fitness equipment retail stores. Please follow instructions provided by the manufacture for wearing the chest strap.

HEART RATE CONTROL PROGRAM

Follow these easy Steps to enter into the Heart Rate Program. Heart rate is controlled by either speed or elevation and will maintain the user at the target percentage the user has selected based on age.

STEP 1 Select **TARGET HR** program button on left of panel.

STEP 2 Select **TIME** by using the **UP** or **DOWN** arrow keys or the number keypad on the T5 treadmill. When finished Press **ENTER** or wait 5 seconds.

STEP 3 Select **AGE** by using the **UP** or **DOWN** arrow keys or the number keypad on the T5 treadmill. When finished Press **ENTER** or wait 5 seconds.

STEP 4 Select **PERCENTAGE OF MAXIMUM HEART RATE** by using the **UP** or **DOWN** arrow keys or the number keypad on the T5 treadmill.

Percentage of maximum heart rate is determined by the following formula.
(220 Beats Per Minute – Age) Selected Percentage
Example (220 – 30)65% = 123 Beats Per Minute
SELECT FROM 50% TO 80% IN 5 % INCREMENTS.

STEP 5 Select **HR PROGRAM TYPE** by using the **UP** or **DOWN** arrow keys select the active variable Speed or Elevation that will be used to control the users heart rate.

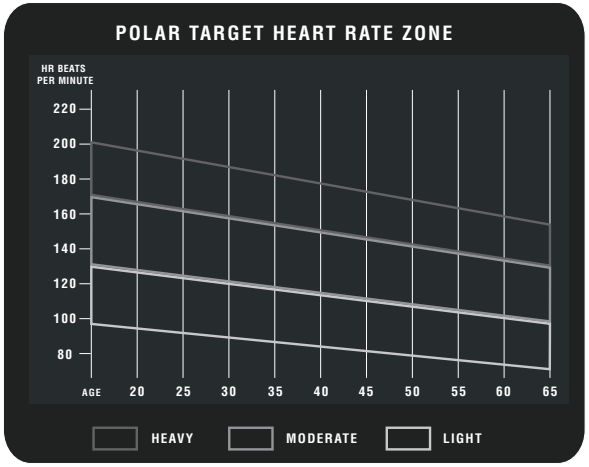
Press **ENTER** or wait 5 seconds.

STEP 6 Select **MAXIMUM SPEED/ELEVATION** by using the **UP** or **DOWN** arrow keys select the active variable Maximum Speed or Elevation that will be used to control the users heart rate.

HEART RATE SAFETY PROTOCOLS

SAFETY When the users heart rate exceeds the target heart rate by the values below, the following prompts/actions will take place:

- **10 BPM** Warning in alpha numeric indicating active variable will be reduced (if above minimum) or alternate variable will be reduced.
- **12 BPM** Active variable (if above minimum) or alternate variable, if active variable is at zero, reduced by 30%.
- **15 BPM** Warning indicating heart rate over maximum and program will end.
- **20 BPM** Program ends.



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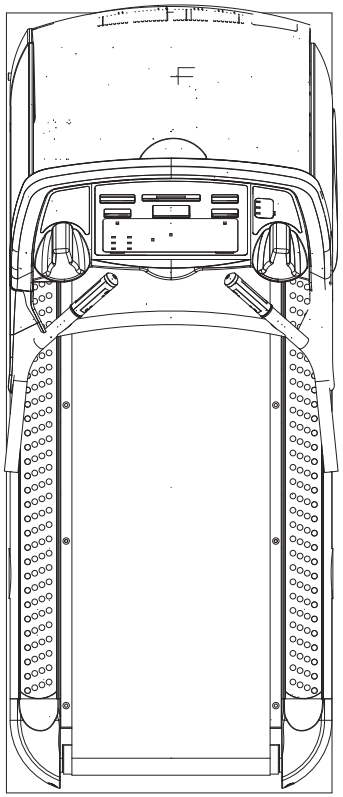

MACHINE WEIGHT	SIZE
450 lbs	*inches = 85" x 35" x 62"*
204 kg	*cm = 215.9 x 88.9 x 157.5*

SPECIFICATIONS

Product Name	T5
Foot Print	85"L x 35"W x 62"H
Weight	450
Running Area	22 x 60
Belt Type	Habisat
Max User Weight	400 = 181.4 kg
Frame Construction	Steel
Incline Range	15%
Speed Min	0.5
Speed Max	12
Motor Type Reliance	AC
Motor Size	2 HP 4 Pole
Controller Cooling fan	Yes
Electrical Receptacle	110 NEMA 5-20R
Electrical Plug	110 NEMA 5-20P
Electrical Receptacle	220 NEMA 6-20R
Electrical Plug	220 NEMA 6-20P
Electrical Amps	110v 20 Amps
Electrical Amps	220v 20 Amps
Sharp TV Electrical	110V 50/0Hz
Deck	1" Reversible
Wax	No Maintenance

VARIABLE COMPRESSION TECHNOLOGY

Absorber	Rubber Dampeners
Number of Cushions	8
Cushion = Stride Impact	Yes

SAFETY

Dual Function Shut Off w/Tether Connected	Yes
Large Safety Stop	Yes

PROGRAMS

Number Key Pad	Yes
One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Fat Burn	Yes
Intervals	Yes
Rolling	Yes

HEART RATE

Polar Telemetry	Yes
Contact Heart Rate	Yes
Removable Contact Heart Rate Handles	Yes

ENTERTAINMENT READY

Volume Control	Yes
Channel Control	Yes
Display View	Yes
Cable Connection	Yes
Sharp AC Power Connection	Yes
Monitor Mount	Yes
IR Port	Yes
Head Phone Jack	Yes
CSAFE Port	3

MANAGER MODE

Maximum Time	5 to 95
Default Time	5 to 95
Default Level	L1
Default Weight	60 to 400
Accumulated Distance	
Accumulated Time	
Start Speed	.5 to 2.0

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MATRIX

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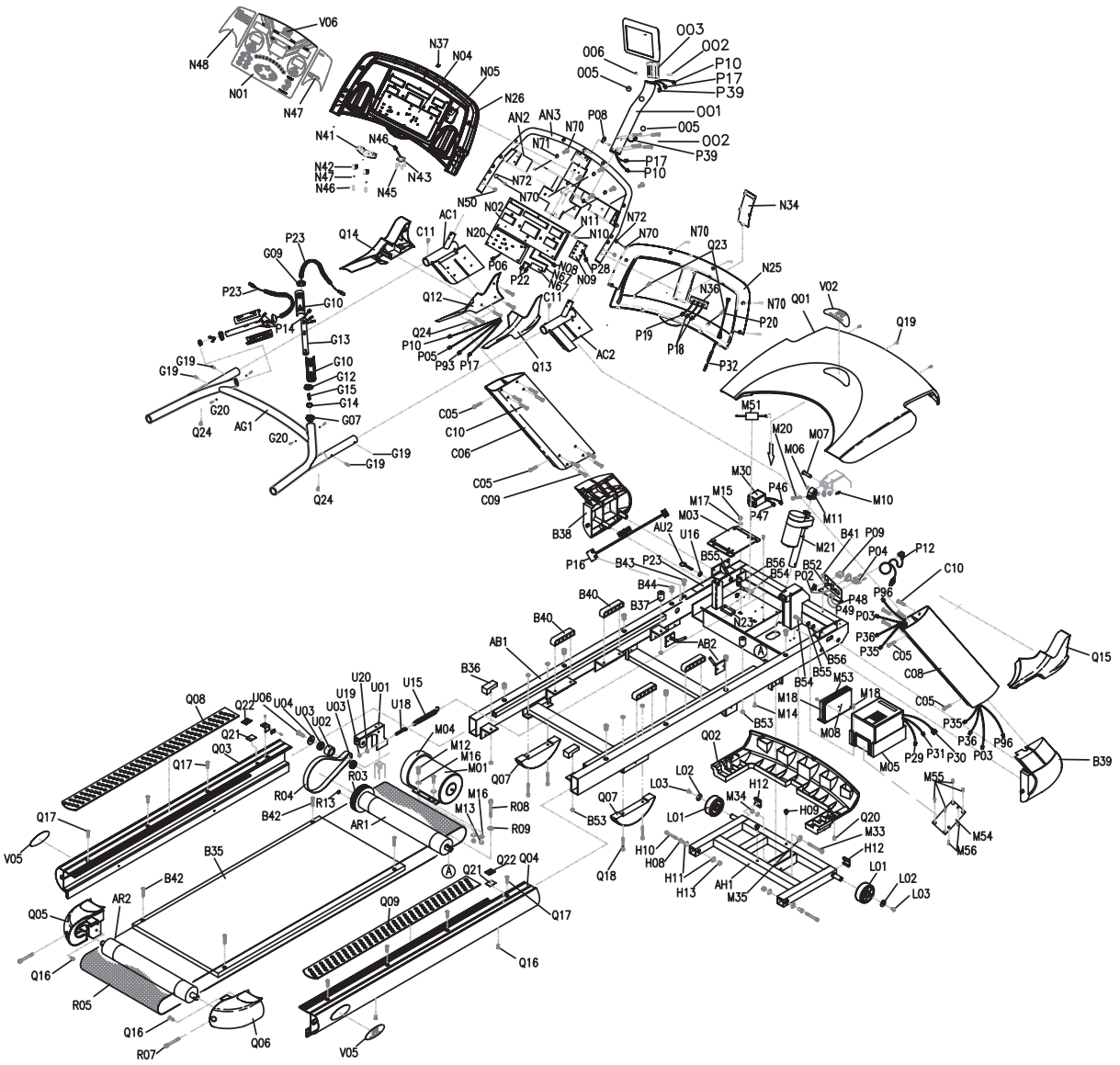

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NO.	DESCRIPTION	SPECIFICATION
G10	Handpulse Grip Set	
M01	Motor Set	
N01	Console Set	
N01	Console Set-Id Line	
O01	TV Bracket-USA Line (w/Cables)	MATRIX T5 (TM65)
O01	TV Bracket-ID Line(w/Cables)	
Q01	Front Cover Set	
U01	Tension Wheel Set	
002	Screw, Oval Hex Socket	M6x1.0Px45L
003	TV Sleeve	Nylon
005	KSS Mast Sleeve (Jacket)	SB-30
006	Nylon Nut	M5x0.8P
007	TV Earphone Wire	850(+RJ-45)
010	Screw, Round Head	M4x0.7Px40L(15L)
011	Flat Washer	4x10x1.0t
012	Nylon Nut	M4x0.7P
AB1	Frame Set	
AB2	Belt Guide	
AC1	Left Console Mast	
AC2	Right Console Mast	
AG1	Main Handle Bar	
AH1	Incline Leg	
AH1	TV Bracket Mend Strive Set	
AN3	Console Mend Strive Set	
AN4	Safety Key Set	
AR1	Front Roller Set	3.5"
AR2	Rear Roller Set	3.5"
AZ1	Hardware Package	
AZ2	Hardware Package (1)	
AZ3	Hardware Package (2)	
B35	Running Deck (Inwood)	616x1340x25.4t 3 Layers Deck
B36	Deck Cushion	(SBR)
B37	Deck Cushion	30x37L(40°)
B38	Left Console Mast Base	AL
B39	Right Console Mast Base	AL
B40	Deck Cushion	(Short A 40°)
B41	Screw, Oval Tapping	4x12L
B42	Screw, Plain Hex Socket	M8x1.25Px35L
B43	Rivet (Brass Inserts Nut)	ALS7-8125-3.8(0.5-3.8)
B44	Rivet (Brass Inserts Nut)	ALS7-610-4.2(0.5-4.2)
B45	Screw, Round Hex Socket	M8x1.25Px20L
B52	Power Switch Holder	SPC
B53	Nylon Nut	M8x1.25P

NO.	DESCRIPTION	SPECIFICATION
B54	Screw, Oval Hex Socket	M8x1.25Px20L
B55	Flat Washer	8.6x26x2.0t
B56	Spring Washer	SW8 8.2x13.5x2.0t
C05	Screw, Oval Hex Socket	M8x1.25Px15L
C06	Left Console Mast Cover	(6~8)
C08	Right Console Mast Cover	(6~8)
C09	Screw, Plain Hex Socket	M8x1.25Px25L (SUS 304)
C10	Socket Head Cap Screw	M8x1.25Px20L
C11	Screw, Round Head	M5x0.8Px8L
C13	Flat Washer	8.2x16x1.4t
G07	Handlebar Casing Pipe	G20%
G08	Heart Rate Sensor Plate	
G09	Upper End Cap For Grip Pulse	
G10	Pulse Sensor	
G12	Lower End Cap For Grip Pulse	
G13	Handlebar Mend Strive Pipe	25.4x1.5tx208L
G14	Handlebar Mend Strive Pipe End Cap	POM
G15	Spring	
G19	Screw, Oval Head	M5x0.8Px12L
G20	Screw, Round Head	M3x12L
G23	Spring Washer	SW6 6.0x10.0x1.5t
H08	Axle Bushing	
H09	Plastic Plug	AC002
H10	Bolt, Round Hex Socket	M12x1.75Px70L
H11	Flat Washer	12.7x23x2.2t
H12	Cap	45x45
H13	Nylon Nut	M12x1.75P
H14	Wave Washer	20.7x29.1x0.3t
H15	Spring Washer	SW12 12.2x21.5x3t
L01	Mobile Wheel	
L02	Flat Washer	8.2x30x2.0t
L03	Screw, Oval Hex Socket	M8x1.25Px12L
M02	Incline Motor (110V)	1100LB/115V 124mm T4/T5
M03	Motor Fixing Plate	
M05	Motor Control Board	MD65 5HP/230V (Reliance)
M07	Dcrew, Hex Head	M12x1.75Px55L(30L)
M10	Nylon Nut	M12x1.75P
M11	Connecting Cable For Incline Motor	
M12	Screw, Oval Hex Socket	M8x1.25Px25L
M13	Nylon Nut	M8x1.25P
M14	Screw	3/8"-16UNCx25L (BED)
M15	Nylon Nut	3/8"-16UNC
M16	Flat Washer	8.2x20x1.8

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NO.	DESCRIPTION	SPECIFICATION
M17	Flat Washer	10.5x18x2.0t (Bed)
M18	Screw, Oval Head	M5x0.8Px12L (Bed)
M19	Transformer (117V To 234V)	3.5KW 117V TO 234V (MX-T5)
M20	Bolt, Round Hex Socket	3/8"x45L
M21	Incline Motor(220V)	1100LB/230V 124mm T4/T5
M21	Teflon Washer	13.2x26x1.0t
M23	Power Resistance	300W,62 ohm
M33	Screw, Round Hex Socket	M10x1.5Px60L
M34	Nylon Nut	M10x1.5P
M35	Teflon Washer	10.5x25x1.0t
M36	2-End Round Key	6x6x35L
M37	Settle Bolt	M6x1.0Px10L
M38	Shockproof Pad	t=4.0mm(:75±4°)
M40	Screw, Round Hex Socket	M4x0.7Px10L
M41	Sleeve (Jacket)	SB-22 (KSS)
M42	Teflon Washer	10.5x25x1.5
M43	Wave Washer	12.7x18x0.2t
M44	Pu Housing	PU
M45	Choke Separate Slice	MX-T5/T4
M46	Plastic Screw	KSS PF-408
M47	Flat Washer	4.2x10x1.2t
M50	Large Screw, Oval Head	M4x0.7Px8L
M50	Filter (220V)	12SS4-4BC4 115V/250V
M51	Screw, Round Head	M5x0.8Px20L
M51	Choke (220V)	1.7mH/25A 600,200
M53	Incline Power Board(110V)-USA Line	IBC7X 110V DCI T5
M53	Incline Power Board(110V)-USA Line	IBC8X 220V DCI T5
M53	Incline Power Board(110V)-Id Line	Reliance 115V H106
M53	Incline Power Board(220V)-Id Line	Reliance 220V H106
M54	Bakelite Board	T5/T4
M55	Screw, Oval Head	M5x0.8Px8L
M56	Screw, Oval Head	M5x0.8Px12L
M57	Motor Fixing Bracket 1	SPC 4.0t
M58	Motor Fixing Bracket 2	SPC
M59	Screw, Round Hex Socket	M8x1.25Px25L
M60	Spring Washer	SW8 8.2x15.4x2t
M61	Flat Washer	8.2x19x2.0t
M62	Shockproof Pad	(20wx0.7tx280L)
N01	Overlay (English)	
N01	Overlay (Germany)	
N01	Overlay (Netherlands)	
N01	Overlay (Italy)	
N02	Console Control Board-USA Line	DGC5X DCI T5

NO.	DESCRIPTION	SPECIFICATION
N02	Console Control Board-Id Line	MX-T4/T5 H107S230
N04	Membrane Key (Big)	Big
N05	Membrane Key (Small)	Small
N08	Heart Rate Receiver	Polar E2380164
N09	Right Keyboard Set-U.S.A	AFD2X DCI T5
N09	Right Keyboard Set-Id Line	MX-T5
N10	Screw, Oval Head	M3x0.5Px6L
N12	C-Cafe Rubber Cover	
N13	Screw, Round Head	M3x0.5Px6L
N14	Nut	M3
N15	End Nut	5 (PRECISION SPECIALIST)
N18	Hand Pulse Receiver Set	2000F 5V (Salutron)
N20	Led Indicated Board-Usa Line	AFD1X DCI T5
N20	Led Indicated Board-Id Line	MX-T5
N25	Console Lower Cover	ABS
N26	Console Upper Cover	ABS
N34	Tv Back Cover	ABS
N36	E-Port Fixed Case	
N37	Sensor Cap	
N41	Safety Key Push A Button	
N43	Spring For Safety Key	SWP 1.0x15x8Nx30L
N45	Screw, Round Tapping	3x6L
N46	Screw, Oval Head	M4x0.7Px15L
N47	Flat Washer	4x10x1.0t
N47	Overlay (English)-RH	
N47	Overlay (Germany)-RH	
N47	Overlay (Netherlands)-RH	
N47	Overlay (Italy)-RH	
N48	Overlay (English)-LH	
N48	Overlay (Germany)-LH	
N48	Overlay (Netherlands)-LH	
N48	Overlay (Italy)-LH	
N49	Safety Key Extended Cable	80((ZIPPY+CN250-01-2P)
N50	Screw, Oval Head	M5x0.8Px12L
N51	Screw, Oval Head	M5x0.8Px50L
N60	Safety Key Exchange Stem	SPC
N61	Nylon Washer	8.0x15.0x3.0t
N63	Screw,Oval Tapping	3x7L
N64	Exchange Stem Spring	SWP 0.4x6x27L
N70	Screw, Round Tapping	5x19L
N71	Flat Washer	6x19x1t
N72	Arc Washer	5.5x20x1.5t
N73	Safe Key Fixed Slice	SPC

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NO.	DESCRIPTION	SPECIFICATION
P02	Switch Connecting Cable	100 12AWG (White)
P03	Console Extended Wire	1250(SMP-16V-BC+H6657R1-16)
P04	Power Socket (220V)	100+250+80 CE
P04	Power Socket (110V)	SS-7B MATRIX T5
P05	Console Cable-USA Line	2130(IDC 7820-B500x2+1.58-1R F*END)3M
P05	Console Cable-Id Line	900(H6657R1-16+SMR-16V-B)
P06	Keyboard Connecting Cable	100 (FC-10PX2)28AWG
P07	Power Switch	RF-1004
P07	Safety Key Cable	400(XAP-02V-1+PCB)
P08	Infrared Rays Shoot Cable Set 200	200(XAP-02V-1+PCB+LED)
P10	TV Signal Cable	3020 (RG-6)x2
P10	TV Signal Cable	3020 (RG-6)x2
P11	KSS Fix Jig	HC-101(KSS)
P12	Exterior Power Cable	220v
P12	Exterior Power Cable	110v
P14	Handpulse Grip Cable	100+100(731X2+-JST-2P)
P15	Sensor Magnet	12x5t
P16	Speed Sensor (USA Line)	1300
P16	Speed Sensor-Id	1300
P16	Speed Sensor (USA Line)	1200+100+100(+XH2.5-2P+XAP-02V-1)
P17	TV Power Cable	3020 (SCD460+ZIAJ)
P18	C-Safe Signal Cable	450(RJ-45-8P+XAP-08V-1)
P19	Cardio Signal Cable	450(RJ-45-8P+XAP-08V-1)
P20	Ear Signal Cable	500
P21	Handpulse Connecting Cable	200(2510-3P+XAP-04V-1)
P23	Handpulse Winding Cable	(200+300+100)(JST-2P)X2
P25	Power Socket Fixed Slice	SPC
P26	Cable For Control Board (Black)	250 12AWG
P27	Cable For Control Board (White)	250 12AWG
P28	Led Connecting Wire-USA Line	140(FC-14P)x2
P28	Led Connecting Wire-Id Line	140(FC-16P+FC-16P)
P29	Interface Power Wire (220V)	300(250)
P30	Interface Connecting Wire	250+105(H6657R1-14+NUMBER PLATE)
P30	Interface Connecting Wire	250+105(H6657R1-14+NUMBER PLATE)
P31	Interface Power Wire (220V)	300(250)
P32	Earphone Extended Cable	60(3.5)
P34	Screw, Round Hex Socket	M4x0.7Px10L
P37	Speed Sensor Bracket	
P38	Screw, Plain Head	M3x0.5Px10L
P39	Breaker (110V)	ZE-700 20A/250V
P39	Breaker (220V)	ZE-700 15A/250V
P46	Cable For Control Board (220V)	750 (250)x2
P47	Filter Ground Wire (220V)	500(5.0 O+250)

NO.	DESCRIPTION	SPECIFICATION
P48	Filter Power Wire (220V)	500 (250)x2
P49	Filter Power Wire (220V)	500 (250)x2
P94	Hand Pulse Cable-USA Line	300,240(2695-6P+SMR-2V-Bx2)
P96	Hand Pulse Grip Cable-Id Line	1300(MDFNYD2-250-1+R1.25-5)
P96	Hand Pulse Grip Cable	150(MDFNYD2-250-1+R1.25-5+1.58-1P)
P98	Membrane Key Grounding Wire-Id Line	250+600+600+200+200
P98	Membrane Key Grounding Wire-Usa Line	1550(R1.25-3+2.5-2P+R1.25-5+R125-5)
Q01	Motor Upper Cover	ABS
Q02	Motor Lower Cover	ABS
Q03	Left Side Rail	AL
Q04	Right Side Rail	AL
Q05	Rear Cover Left	AL
Q06	Rear Cover Right	AL
Q07	Rear Foot Pad	PVC
Q08	Left Side Pad	
Q09	Right Side Pad	
Q10	Motor Shelter Cover	
Q12	Internal Handlebar Support Cover-LH	ABS
Q13	Internal Handlebar Support Cover-RH	ABS
Q14	External Handlebar Support Cover-LH	ABS
Q15	External Handlebar Support Cover-RH	ABS
Q16	Screw,Oval Hex Socket	M6x1.0Px24L
Q17	Screw, Plain Hex Socket	M8x1.25Px25L
Q18	Screw, Round Hex Socket	M8x1.25Px40L
Q19	Screw,Oval Tapping	4x15L
Q20	Screw,Oval Tapping	5x12L
Q21	Super Sticker	50X50mm
Q22	Super Sticker Fixed Slice	
Q23	Screw,Oval Tapping	4x15L
Q24	Screw,Oval Tapping	5x38L
Q26	C Clip	WUSN-4039
Q27	Screw, Oval Head	M4x0.7Px20L
R04	Ploy V Belt	300-J12
R05	Running Belt	554x3330x2.5t
R07	Screw, Round Hex Socket	M10x1.75Px140L(BED)
R08	Screw, Round Hex Socket	M10x1.5Px40L
R09	Spring Washer	SW10 10.2x18.4x2.5t
R10	Flat Washer	12x23x2.5t
R11	Screw, Round Hex Socket	M6x1.0Px35L
R12	Spring Washer	SW10 10.2x18.4x2.5t
U03	Tension Wheel Bracket	SPC
U04	Tension Wheel	NYLON+G30%
U05	Ball Bearing	6203ZZ

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NO.	DESCRIPTION	SPECIFICATION
U06	Screw,Oval Hex Socket	M8x1.25Px12L
U08	Socket	23x17x6L
U09	Tension Wheel	SS41
U15	Spring	SWPA(3.0x23.13Nx72L)
U19	Screw, Round Hex Socket	M6x1.0Px12L
U20	Hex Nut	1/4"-20UNC
U21	Eye Bolt	1/4"-20UNCx45L
U22	Support Axle	SS41
U23	Flat Washer	6.2x16x2.0t
U24	Axle Bushing	
U25	E-Type Clip	E-12
V01	Voltage Decal	AC100-120,50-60Hz
V02	Front Cover Decal	
V04	Earthing Decal	
V05	Side Rail Decal	
V06	Console Decal (Matrix)	POLY
X01	Carton Set	T5
Z08	Screw Driver	
Z09	T Type Wrench	8mm
Z10	T Type Wrench	5mm
Z11	Lubricator (Spray)	
Z12	L-Key Wrench	M5
	Tv Bracket (Support European Tv)	
	Assembly Manual	

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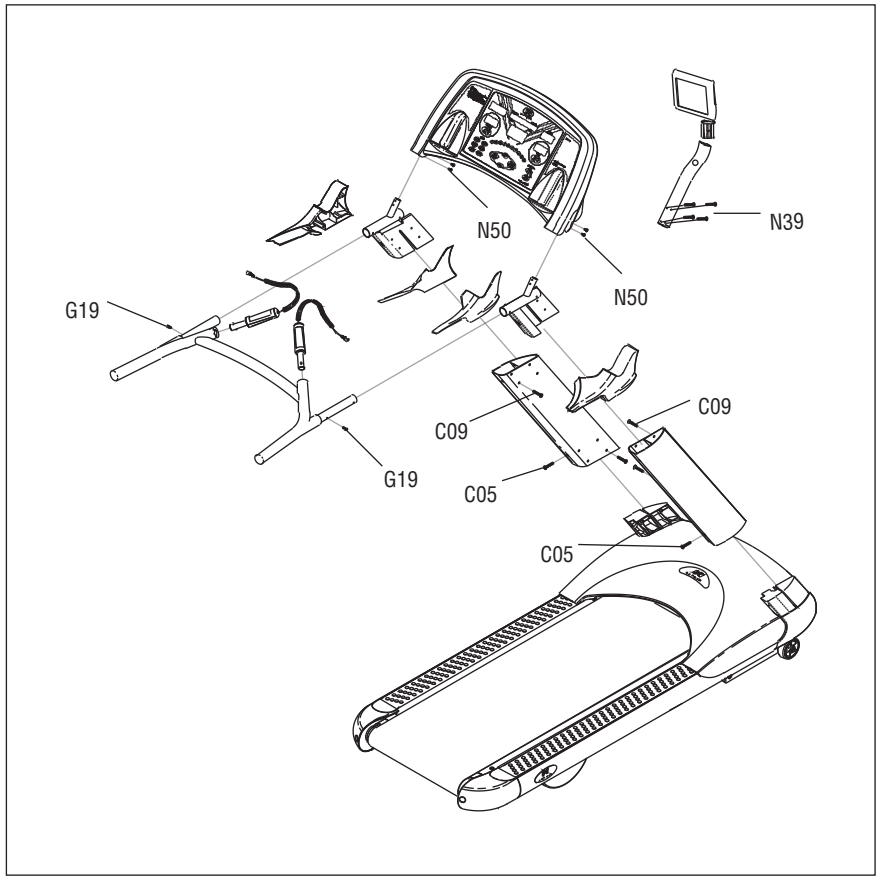
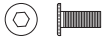
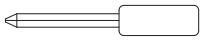
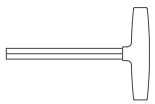
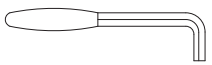


FASTENERS AND ASSEMBLY TOOLS

REFERENCE	SKETCH	DESCRIPTION	QUANTITY
Orange Package			
C09		SCREW, PLAIN-HEX-SOCKET (M8x25L)	8
C05		SCREW, OVAL HEX SOCKET (M8x15L)	4
C10		SCREW, FLAT HEX SOCKET (M8x20L)	8
N50		SCREW, OVAL HEX SOCKET (M5x12L)	6
G19		SCREW, OVAL HEX SOCKET (M5x12L)	8
C11		SCREW, ROUND HEAD (M5x8L)	2
Blue Package			
Q23		SCREW, OVAL TAPPING (M4x15L)	10
Q27		SCREW, OVAL HEAD (M4x20L)	2
Tool			
Z08		CROSS DRIVER	1
Z09		T-TYPE WRENCH (M8)	1
Z10		T-TYPE WRENCH (M5)	1
Z11		L-TYPE HEX-WRENCH	1

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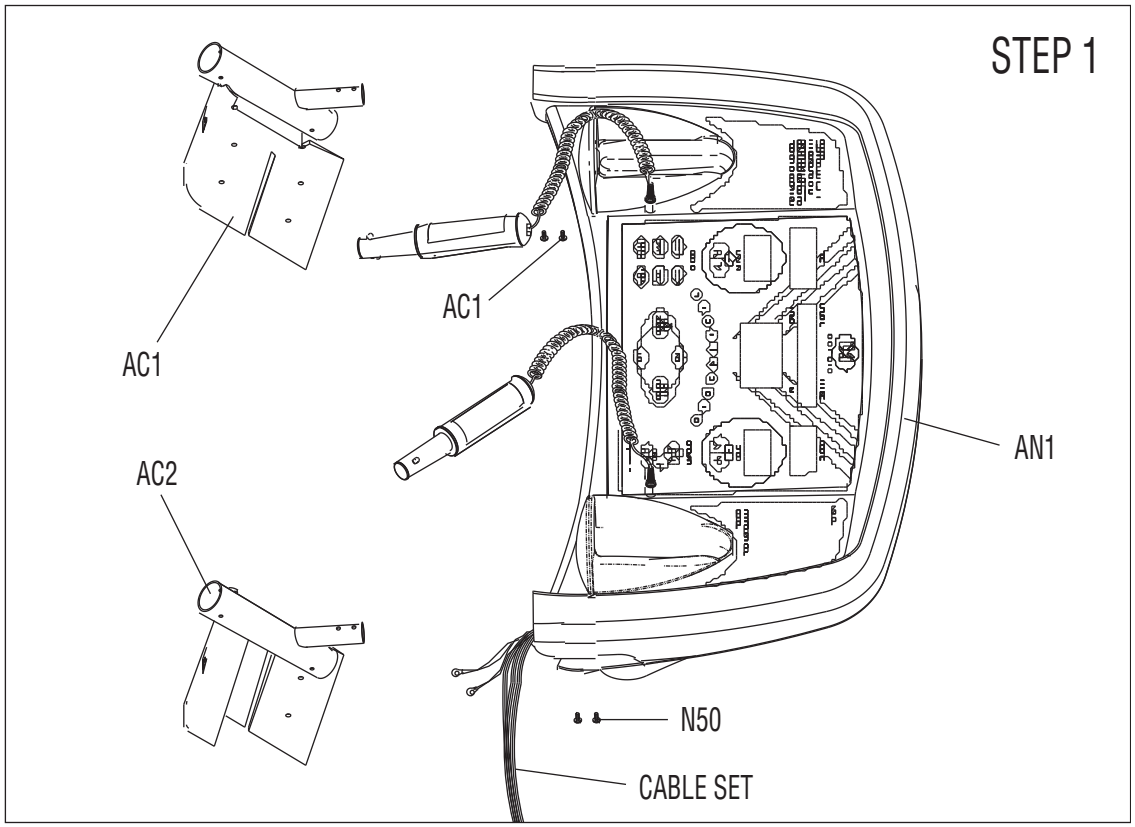

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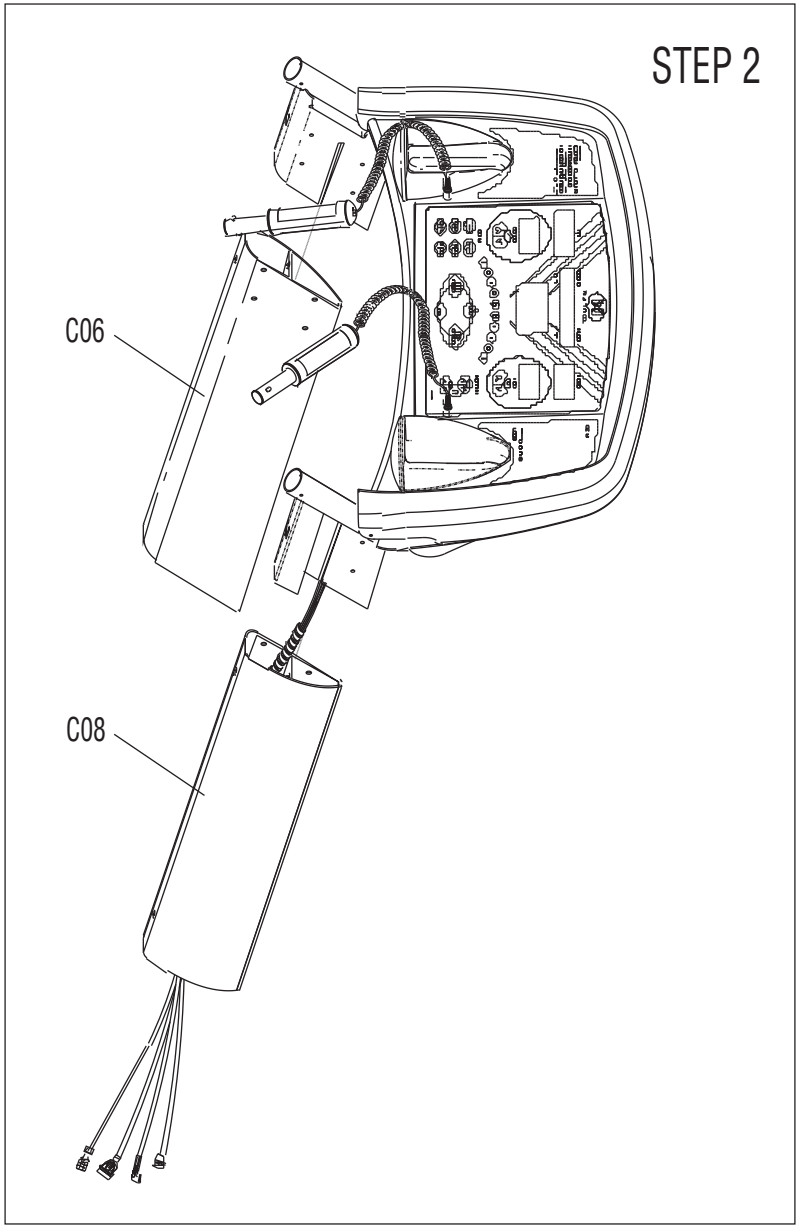
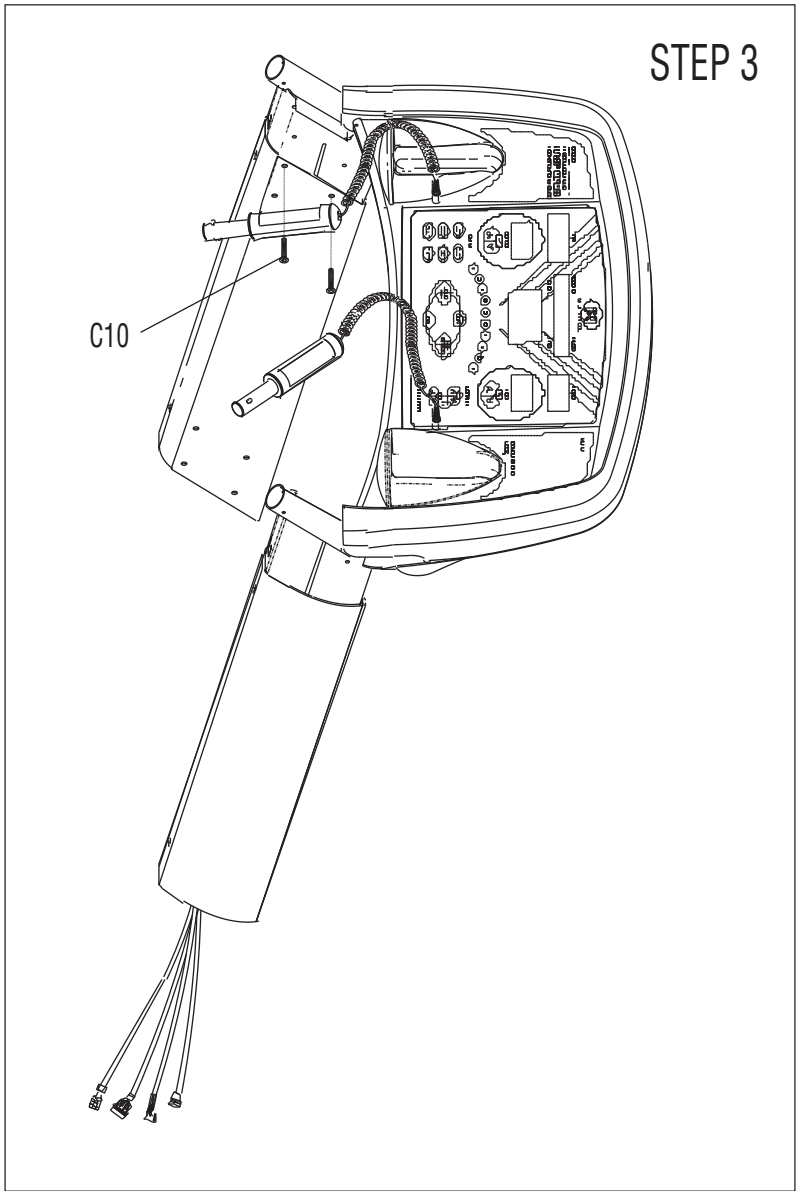
MX-T5




STEP 3
C10

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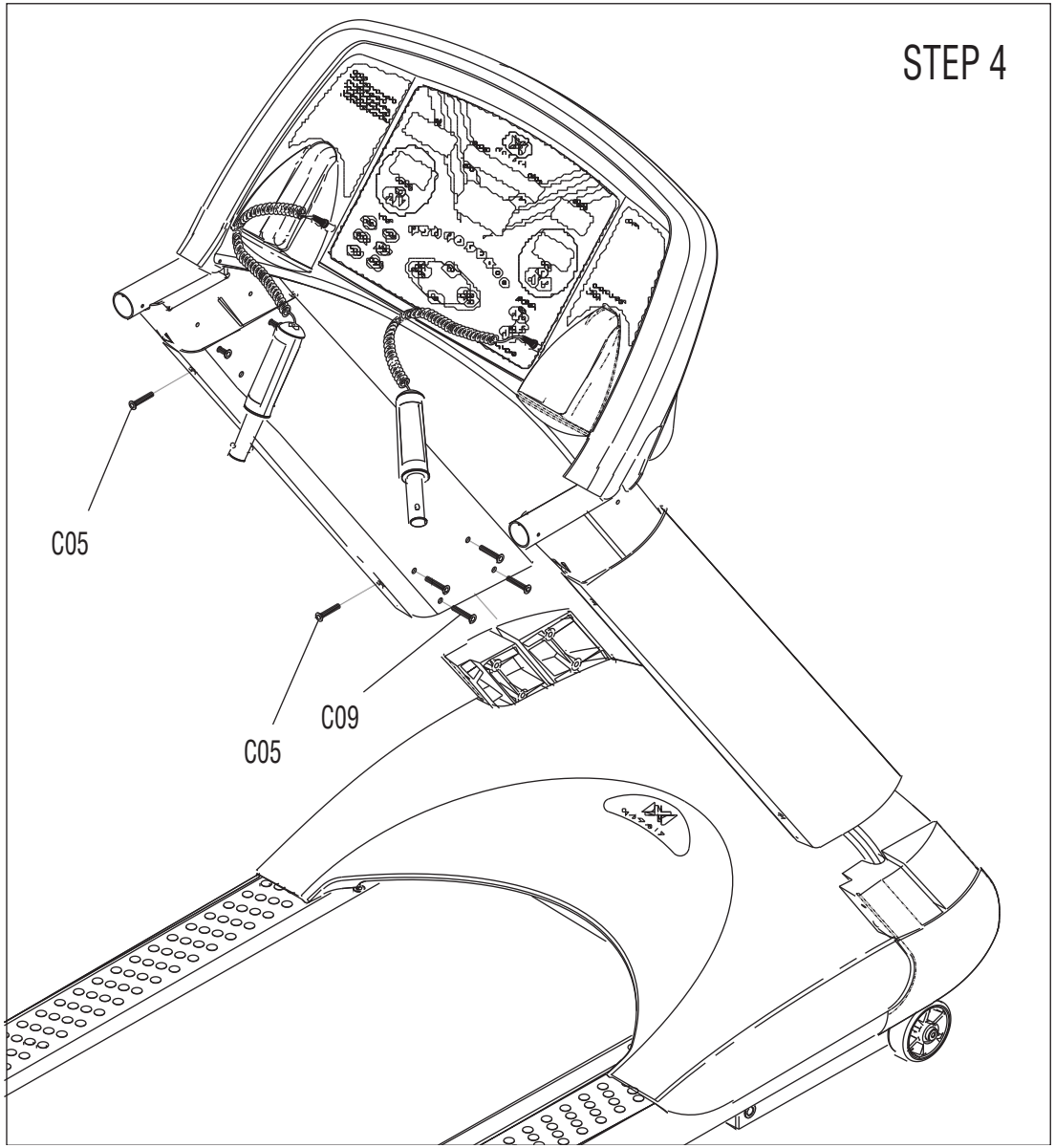
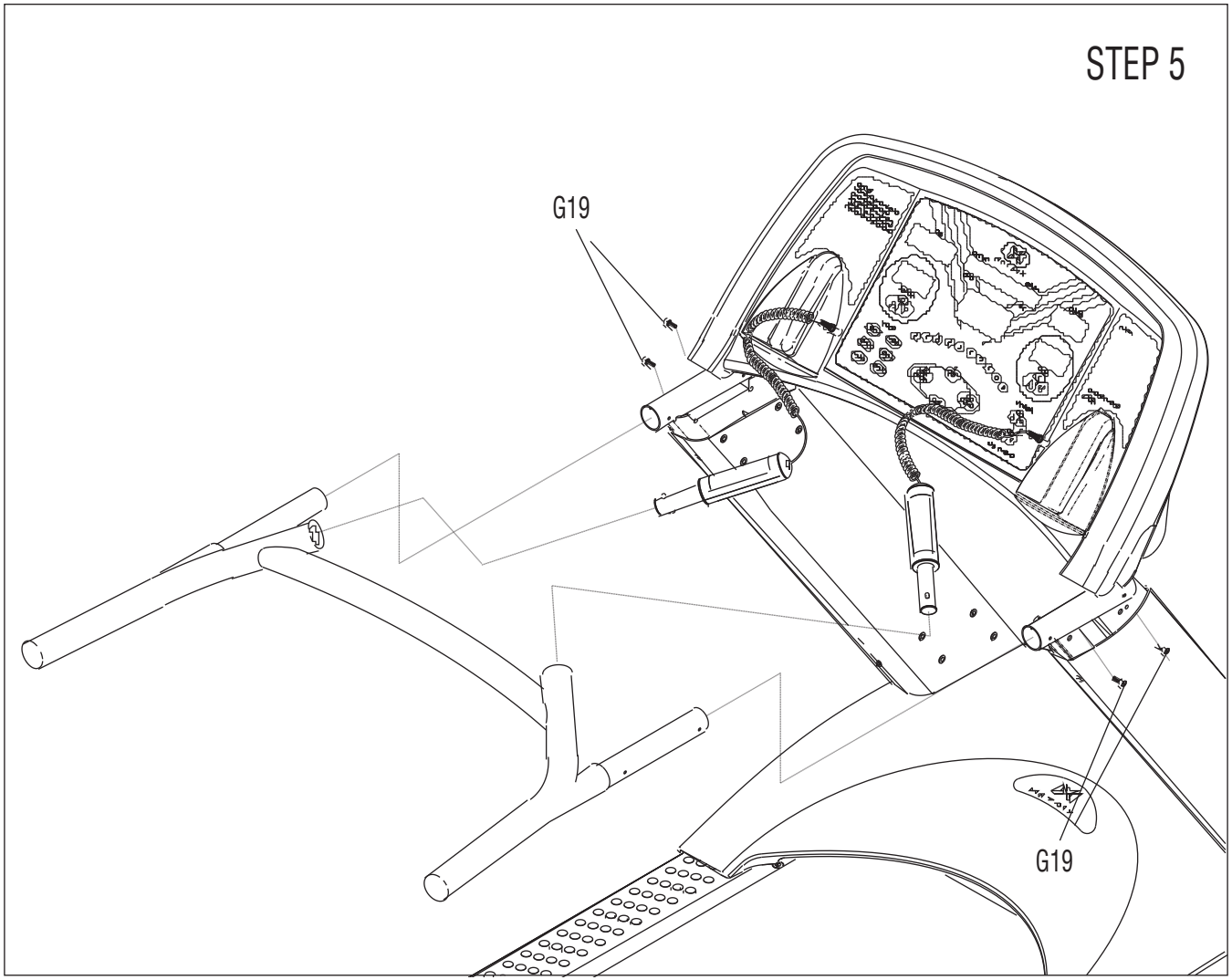
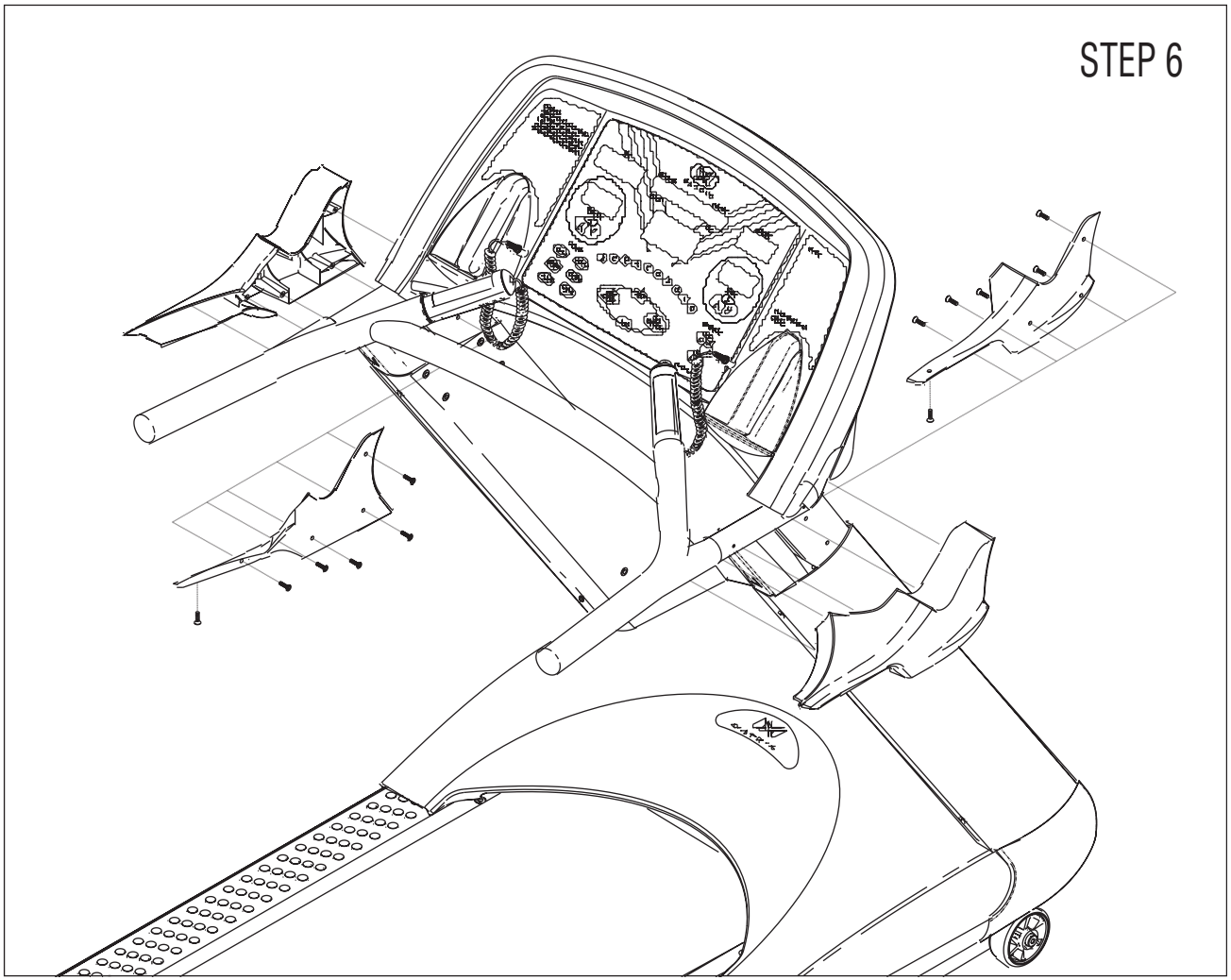



STEP 5
G19
G19

>treadmill

MX-T5



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